

as the object of the author is to present a clear, sharp mental picture of the elements of the subject in such a manner as to make plain the why and the wherefore of treatment, and so gain for the physician a heartier and more intelligent co-operation from his nurses, his patients, and their anxious friends, than he can when they do not follow him with understanding minds.

The subject is reduced to a simplicity quite marvellous when one considers that it is of all subjects the most complex, but it has none of the palliating effects of overdilution. From cover to cover the book is full of interest, and holds the reader with as firm a grip as the latest best seller in the line of detective stories.

**SELF-HELP FOR NERVOUS WOMEN.** By John K. Mitchell, M.D., Fellow of the College of Physicians of Philadelphia; Attending Physician to the Philadelphia Orthopædic Hospital and Infirmary for Nervous Diseases. J. B. Lippincott Company, Philadelphia.

A series of familiar talks on economy in nervous expenditure written for women, who form the larger number of sufferers from nervous disease. The book is formed on a nucleus of short articles which appeared in *Harper's Bazar* for 1901, which drew out a great number of questions and suggestions from people interested. The popularity of the first essay has led the author to republish with considerable expansion and amendment.

The book is not intended to treat of nervous diseases proper, but deals with the predisposing causes, and gives much valuable advice on the importance of cultivating a sane and wholesome way of living; a way that keeps close to nature and heeds the inner voice, of what the author calls "unsophisticated instinct," that turns a cold shoulder on "brain food" put up in packages, that leads the children out of doors to silly, merry old games rather than the indoor drill for recreation which the gymnasium affords. The author comes directly to the cause of the evil or most of it, in the tendency of the day to reduce house-keeping to the point of attenuation. From one reason and another, the difficulty of getting servants, perhaps, and the need of system in household work, too many people have come to look slightly on the old-fashioned housekeeping of our grandmother's day, and have adopted the easier way, which the enterprise of commerce offers, and give their families the predigested, precooked, and preselected foods, which, barely eatable at first, become positively unpalatable after a short time.

Malnutrition Dr. Mitchell feels to be the starting point of most, if not all, nervous ills. The second great predisposing cause he finds in

quackery. He deplores that people are still superstitious enough to believe that body and mind can be cured by teaspoonful doses three times a day of some chosen specific, or a remedy to be applied in "five-minute shocks of prayer or hysterical exhortation," which is expected to do the work of temperance, sobriety and chastity.

"Unfortunately, there are always quacks to be found to minister to this desire for a short and easy way, with patent systems of education for the mind wherewith the most ignorant may become a Newton by taking a brief course of lectures, patent foods to replace beef tea and bread, patent medicines as a substitute for common sense, and patent methods of salvation to obviate the difficulties of walking in the straight and narrow way."

The ugliness of selfishness has seldom been more faithfully pictured than it is here; and very grave are the author's warning words. Chapter VI, dealing of sympathy, its use, and abuse, is a revelation of the depths to which one may sink once one falls a victim to self-pity and self-regard.

The treatment of nervous disease by the clergy, Dr. Mitchell touches warily,—with gloves on one may say, and a hint of disparagement for the cure that must necessarily be withheld from the Jew, Turk, and infidel.

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*Charities* in an editorial on the White Slave Trade gives startling statistics in regard to the exportation of American girls to Japan for immoral purposes. So many have thus invaded the Asiatic ports that, among the natives, "American girl" designates the inmates of the disorderly resorts in their foreign settlements. It is estimated that in this country in Chicago alone 6000 recruits are brought in every year, and not more than twenty per cent. enter the life voluntarily; the rest are betrayed, entrapped, and sold into it.

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In *Charities* for February 20 is a report of the legislation being conducted in twenty different states of the Union bearing upon the question of the control and extermination of tuberculosis.

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"Good English is mainly the result of association with those who have it. It comes by contagion and not by drill. We learn to talk well, just as we learn to talk at all, by listening. Good English is a part of courtesy and honor and chivalry. It is not conformity to the rules in a text-book; it is conformity to the gentlest and noblest spirits around us and before us."—PRESIDENT FAUNCE.